

Thyroid Disorder (AK 35-USDA 344)

Explain to Participant You're enrolled in the WIC program today because of your problem with your thyroid. Thyroid problems during and after your pregnancy can be a problem needing close medical attention, especially while breastfeeding.

Goal The goal is to promote making good food choices of high nutritional quality and an adequate body weight.

Suggestions for Reducing Risk

- Follow the recommendations of your health care provider.
- Explain the nutrition education materials suggested.
- Refer the participant to a Registered Dietitian (RD).
- Eat a variety of foods from all the food groups every day.
- Ask your health care provider about exercise.
- Drink 8 glasses of water every day.

Nutrition Education Material Suggested **Using the Dietary Guidelines For Americans...for good health**

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information